



FOOD & FUN AFTERSCHOOL, SECOND EDITION

UNIT 10

HEALTHY HYDRATION

BE ACTIVE, STAY COOL!

A NUTRITION AND PHYSICAL ACTIVITY CURRICULUM
DESIGNED TO HELP CHILDREN DEVELOP HEALTHY
HABITS DURING OUT-OF-SCHOOL TIME

REVISED 07.01.2012

CONTENTS

About Food & Fun Afterschool, Second Edition.....	1
Information for Leaders.....	3
Activity Options for Children	4
Connect With Parents	5
Resources	6
Activities.....	8
Cup Coolers	9
Warm Up, Cool Down	10
“Everyone Moves” Obstacle Course	11
Gulp!	13
Recipes and Taste Tests.....	14
Recipe Criteria	14
Silly Water.....	15
A Basic Guide to Taste Tests	16
Taste Test Ideas for Healthy Hydration	17
Taste Test Rating Sheet.....	18

ABOUT FOOD & FUN AFTERSCHOOL, SECOND EDITION

The Y is not only one of the nation's largest providers of childcare and afterschool programs—but we are also determined to be the healthiest. As part of our commitment to young people, the Y has adopted a set of Healthy Eating and Physical Activity (HEPA) standards for early childhood and afterschool programs nationwide. The standards will build a healthier future for our nation's children by providing healthy environments rich in opportunities for healthy eating and physical activity and by supporting families to do the same at home.

The **Food & Fun Afterschool** curriculum is an ideal way to achieve the HEPA standards through activities and lessons designed to be easy to incorporate into your regular afterschool program schedules. Food & Fun includes 11 teaching units that encourage healthy behaviors through active play, literacy, math skills development, creative learning, and hands-on snack time activities. With more than 70 activities to choose from, the lessons make it simple to promote healthy eating and physical activity in your program every day! Food & Fun also gives you tools for engaging families in their children's health.

THE Y'S HEALTHY EATING AND PHYSICAL ACTIVITY STANDARDS FOR EARLY CHILDHOOD AND AFTERSCHOOL PROGRAMS

- Implement an educational program for parents and child care providers with physical activity and nutritional information relevant to the health of their children.
- Ensure that children engage in at least 60 minutes of physical activity per day (for full-day programs), including a mixture of moderate and vigorous physical activities that promote bone and muscle strengthening.
- Play will take place daily outdoors whenever possible.
- No access to television or movies.
- Limit digital device time to less than one hour per day. Digital device use is limited to homework or programs that actively engage children in activity.
- Serve fruits or vegetables at every meal.
- Serve all meals family style.
- No fried foods.
- Offer water at the table during every meal and have water accessible at all times.
- Serve beverages that do not have added sugars.
- Serve healthier beverages, including water, lowfat (1%) or nonfat milk, or 100% fruit juice (no more than one 6- to 8-oz serving per day).

The HEPA standards are based in part on years of research supported by collaborations with the Harvard School of Public Health (HSPH), University of Massachusetts at Boston, the Healthy Out of School Time Coalition (HOST) and the National Institute for Out of School Time (NIOST). Through these collaborations, as well as the experience of Ys across the nation, the Y has learned the most effective ways to create healthy environments in out-of-school time settings.

Additionally, the Institute of Medicine's Early Childhood Obesity Prevention policies, the National Afterschool Association's "Standards for Healthy Eating and Physical Activity in Out of School Time Programs" and the Let's Move Child Care Standards played a significant role in the HEPA standards.

Teaching about healthy behavior is most effective when your program environment is consistent with the HEPA standards, which are supported through the Food & Fun curriculum. The Food & Fun materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in collaboration with YMCA of the USA. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the HEPA standards, visit [Exchange](#). All Food & Fun materials, including parent engagement tools, tip sheets on implementing the HEPA standards, snack recipes, and can be downloaded on [Exchange](#). For more resources from the Harvard School of Public Health, visit www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/.

UNIT 10

INFORMATION FOR LEADERS

BEHAVIOR GOAL

Children will drink water at every snack and when they are thirsty.

KEY MESSAGES FOR KIDS

- Water is the best thirst quencher.
- Drink water when you are thirsty.
- Drink water instead of juice or soda at every snack and meal.

KEY INFORMATION FOR PROGRAM STAFF

Water is the best drink for children in afterschool programs. It is calorie free, hydrates children, and is low cost from your nearest tap. Serve water at every snack, and make sure it is available throughout the afterschool period. Encourage children to drink water whenever they are thirsty.

Do not serve sugar-sweetened beverages (like soda, fruit drinks, sports drinks, and fruit-ades) during afterschool; these drinks provide a lot of sugar and calories that children's bodies don't need. Children do not need sport and energy drinks because most sport drinks are designed for endurance athletes who exercise for hours at high intensity. They also contain lots of sugar and calories.

It is important to communicate about the importance of drinking water instead of sugary drinks to parents and caregivers because kids are most likely to drink soda and juice drinks at home. Many parents don't realize the large amount of sugar their children get from drinks. Most tap water in the United States is safe to drink, but if you or parents from your program are concerned about the safety of your local water supply, review the Environmental Protection Agency's annual water quality reports at www.epa.gov/safewater/ccr/whereyoulive.html.

Refer to the "Water, Water Everywhere" tip sheet, available on [Exchange](#), for ideas on how to serve water at your afterschool program! Also see www.foodandfun.org for additional resources.

ACTIVITY OPTIONS FOR CHILDREN



ARTS & CRAFTS

1. Cup Coolers: Children make their own to remind them to drink water often



ACTIVE GAMES

1. Warm Up, Cool Down: Do this whenever the children are active
2. "Everyone Moves" Obstacle Course: Set up an obstacle course that includes water stations



OTHER GROUP GAMES OR ACTIVITIES (CAN BE USED IN CIRCLE TIME OR SMALL GROUPS)

1. Gulp! This activity teaches children how to track how much water they drink throughout the day



SNACK TIME IDEAS

1. Make and taste "Silly Water"

CONNECT WITH PARENTS

KEY MESSAGES FOR PARENTS AND CAREGIVERS

- Water is the best drink to keep kids hydrated.
- Water is the best choice for kids when they are being active and playing sports.
- Serve water at every snack and meal. Make sure that water is available all day for your child.

PARENT ENGAGEMENT OPTIONS

It is important to engage parents and caregivers on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents and caregivers at pickup
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents and caregivers in daily physical activities and snack time
- Hold regularly scheduled events each month
- **Offer parents fun water!** Put a pitcher of water and cups by the sign-out book. Add sliced oranges, cucumbers, lemons or a splash of 100% juice. Be creative! Try different “fun water” every day for a week. Ask parents and kids which ones they like best. Encourage parents to serve fun water at home, and to try new flavors!

Refer to the parent handouts and communications, available in English and Spanish on [Exchange](#), to reinforce the messages in this unit of Food & Fun:

- **Parent handout:** “Quenchers: Hints to keep happy, healthy kids hydrated!” Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pickup at your program’s sign-out area.
- **Parent communications:**
 - Newsletter article: “Hydrated Kids Are Healthy Kids.” Insert this into your program newsletter.
 - Email message: “Healthy Habits Power Tips: Stay Cool.” Email this message to parents and caregivers at the start of this unit.

RESOURCES



WEBSITES

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

www.hsph.harvard.edu/nutritionsource/healthy-drinks

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement, and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

www.hsph.harvard.edu/prc/

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

www.letsmove.gov/index.html

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

www.healthiergeneration.org

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Also available in Spanish.

www.kidshealth.org

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

www.actionforhealthykids.org/

This site has links to a variety of lessons and educational materials, both about drinking water and water as a resource—great if you’re looking for a chance to integrate some science lessons into your program.

www.nesc.wvu.edu/educators.cfm

If you are concerned about the water quality, safety, or fluoridation check out the U.S. Environmental Protection Agency’s annual water quality reports.

www.epa.gov/safewater/ccr/whereyoulive.html

WEBSITES FOR KIDS

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

www.bam.gov

KidsHealth also has a website especially for kids in English and Spanish.

<http://kidshealth.org>

The Division of Adolescent and Young Adult Medicine at Children’s Hospital Boston produce the Young Men’s Health and Young Women’s Health websites to provide carefully researched health information to teens. They even have a special energy drinks section for teens.

www.youngwomenshealth.org/energydrinks.html

www.youngmenshealthsite.org/energydrinks.html